

**In the claims:**

**Please amend claims 1, 2 and 18 as follows.**

**Please cancel claims 17, 26-31, 33, 37 and 38.**

**Please add claims 39-53 as follows.**

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1. (Currently Amended) A leg exerciser comprising:  
a first foot pad configured to receive a user's foot;  
a base member having at least one longitudinally extending first track formed thereon, the first track being sized and shaped to permit the first foot pad to travel therein along a longitudinal axis; and  
a plurality of substantially flat gliders coupled to a bottom surface of the first foot pad, the gliders being formed of a material having a coefficient of friction sufficient to permit the first foot pad to smoothly slide within the first track.
2. (Currently Amended) The leg exerciser of claim 1, further comprising  
a second foot pad configured to receive a user's foot, the base member including a second track formed thereon, the second track being aligned parallel to the first track, a plurality of substantially flat gliders being coupled to a bottom surface of the second foot pad, the gliders being formed of a material having a coefficient of friction sufficient to permit the second foot pad to smoothly slide within the second track.
3. (Original) The leg exerciser of claim 2 further comprising  
a pulley mounted to the base member, and  
a cable mounted to the first and second foot pads and through the pulley so as to move one of the first and second foot pads by movement of the other of the first and second foot pads.
4. (Original) The leg exerciser of claim 1, wherein the plurality of gliders are symmetrically disposed about the bottom surface of the first foot pad.

5. (Original) The leg exerciser of claim 1, wherein the base member includes means for folding the base member between an expanded operational configuration to a collapsed configuration.

6. (Original) The leg exerciser of claim 1, wherein the leg exerciser is configured to be operated from a seated position.

7. (Original) The leg exerciser of claim 1, further comprising means for providing resistance to the motion of the first foot pad within the first track.

8. (Original) The leg exerciser of claim 1, further comprising a track end bumper mounted at each end of the first track.

9. (Original) The leg exerciser of claim 1, further comprising an incline stand mounted on a bottom surface of the base member.

10. (Original) The leg exerciser of claim 1, further comprising at least one of a toe strap, a heel strap and an ankle strap mounted to secure the user's foot to a top surface of the first foot pad.

11. (Original) The leg exerciser of claim 1, wherein the first foot pad is provided with a texturized surface along at least a portion of the first foot pad adapted to receive the user's foot.

12. (Original) The leg exerciser of claim 11, further comprising at least one of a toe strap, a heel strap and an ankle strap mounted to secure the user's foot to a top surface of the first foot pad.

13. (Original) The leg exerciser of claim 1, further comprising at least one bottom foot mounted to a bottom surface of the base member to inhibit motion of the leg exerciser along a floor.

14. (Original) The leg exerciser of claim 1, further comprising noise inhibiting material mounted to at least one of a side of the first foot pad and a track edge of the first track to inhibit noise during operation of the leg exerciser.

15. (Original) The leg exerciser of claim 1, wherein at least one glider of the plurality of gliders is mounted to the first foot pad by the use of a bolt to allow the at least one glider to be moved relative to the first foot pad.

16. (Original) The leg exerciser of claim 1, further comprising an elevated guard mounted to and extending up from an end of the base member to inhibit the leg exerciser from sliding under a luggage retention bar of an airline seat.

17. (Canceled)

18. (Currently Amended) A leg exerciser, comprising:  
a first foot pad configured to receive a user's foot; and  
a base member adapted to be rotatably ~~and slidably~~ mounted to a first chair and having at least one longitudinally extending first track formed thereon, the first track being sized and configured to permit the first foot pad to travel therein;  
a first swing pin and a second swing pin, each mounted to the base member and configured to travel within a mounted groove mounted to the first chair to enable the base member ~~wherein the base member is adapted~~ to be rotated to a position enabling use of the leg exerciser by a seated operator.

19. (Original) The leg exerciser of claim 18, wherein the leg exerciser is adapted to be rotated and slid to a position enabling use of the leg exerciser by a user seated in the first chair.

20. (Original) The leg exerciser of claim 18, wherein the leg exerciser is adapted to be rotated and slid to a position enabling use of the leg exerciser by a user seated in a second chair behind the first chair.

21. (Original) The leg exerciser of claim 18, wherein the base member is formed of at least a first piece and a second piece and the first piece is rotatably mounted to the second piece by a hinge.

22. (Original) The leg exerciser of claim 21, wherein an intersection of the first piece and the second piece is a lap joint.

23. (Original) The leg exerciser of claim 18, further comprising an adjustable resistance device mounted to the first foot pad and adapted to apply pressure to at least one track edge of the first track to increase resistance to movement of the first foot pad within the first track.

24. (Original) The leg exerciser of claim 18, wherein the first foot pad is provided with a texturized surface along at least a portion of the first foot pad adapted to receive the user's foot.

25. (Original) The leg exerciser of claim 18, further comprising a flange formed on the first foot pad and slidably mounted within a groove formed in a track edge of the track such that the foot pad is slidably secured within the first track.

26-31. (Canceled)

32. (Currently Amended) The leg exerciser of claim ~~26~~ 18, wherein the first foot pad comprises a surface feature along at least a portion of the first foot pad.

33. (Canceled)

34. (Original) The leg exerciser of claim 18, further comprising a plurality of gliders coupled to a bottom surface of the first foot pad, the gliders being formed of a material having a coefficient of friction sufficient to permit the first foot pad to smoothly slide within the first track.

35. (Original) The leg exerciser of claim 18, wherein the first chair is adapted for use in an aircraft.

36. (Original) The leg exerciser of claim 18, further comprising a roller mounted to a bottom surface of the first foot pad and adapted to roll along the first track during relative movement between the first foot pad and the first track.

37-38. (Canceled)

39. (NEW) The leg exerciser of claim 1, wherein the bottom surface of the foot pad includes a plurality of channels, each channel holding an end of a glider.

40. (NEW) The leg exerciser of claim 1, wherein the gliders have outside edges that extend beyond the first foot pad and contact an edge of the first track when the first foot pad is inserted in the first track.

41. (NEW) The leg exerciser of claim 1, further comprising an adjustable resistance device mounted to the first foot pad and adapted to apply pressure to at least one track edge of the first track to increase resistance to movement of the first foot pad within the first track.

42. (NEW) The leg exerciser of claim 41, wherein the adjustable resistance device comprises:  
a friction pad adapted to be pushed against the track edge;  
an adjustment rod connected to the friction pad for moving the friction pad relative to the track edge; and  
a turnbuckle connected to the adjustment rod, wherein rotation of the turnbuckle moves the friction pad relative to the track edge.

43. (NEW) The leg exerciser of claim 1, further comprising an elastic strap connecting an end of the first foot pad to the base member for providing resistance to motion of the first foot pad within the first track.

44. (NEW) The leg exerciser of claim 2, further comprising:

- a track divider separating the first track from the second track; and
- a hinge located along the track divider for folding the leg exerciser lengthwise.

45. (NEW) The leg exerciser of claim 2, further comprising a cable mounted to the first foot pad and the second foot pad so as to move one of the first foot pad and the second foot pad by movement of the other of the first foot pad and the second foot pad.

46. (NEW) A leg exerciser comprising:

- a first foot pad configured to receive a user's foot;
- a base member having at least one longitudinally extending first track having at least one track edge formed thereon, the first track being sized and shaped to permit the first foot pad to travel therein along a longitudinal axis; and
- an adjustable resistance device in the first foot pad for providing an outward force against the track edge.

47. (NEW) The leg exerciser of claim 46, wherein the adjustable resistance device comprises:

- a friction pad adapted to be pushed against the track edge;
- an adjustment rod connected to the friction pad for moving the friction pad relative to the track edge; and
- a turnbuckle connected to the adjustment rod, wherein rotation of the turnbuckle moves the friction pad relative to the track edge.

48. (NEW) The leg exerciser of claim 46, further comprising a plurality of gliders coupled to a bottom surface of the first foot pad, the gliders being formed of a material having a coefficient of friction sufficient to permit the first foot pad to smoothly slide within the first track.

49. (NEW) A leg exerciser, comprising:

- a first foot pad configured to receive a user's first foot;

a second foot pad configured to receive a user's second foot;  
a base member having a longitudinally extending first track formed thereon and a longitudinally extending second track parallel to the first track, each of the first track and the second track being sized and shaped to permit the first foot pad and the second foot pad to travel therein, respectively;  
a track divider formed in the base member for inhibiting contact between the first track and the second track; and  
a hinge formed along the track divider for folding the base member.

50. (NEW) The leg exerciser of claim 49, further comprising a cable mounted to the first foot pad and the second foot pad so as to move one of the first foot pad and the second foot pad by movement of the other of the first foot pad and the second foot pad.

51. (NEW) The leg exerciser of claim 49, further comprising a plurality of gliders coupled to a bottom surface of the first foot pad and the second foot pad, the gliders being formed of a material having a coefficient of friction sufficient to permit the first foot pad to smoothly slide within the first track and the second foot pad to smoothly slide within the second track.

52. (NEW) A leg exerciser comprising:

a first foot pad configured to receive a user's foot;  
a base member having at least one longitudinally extending first track formed thereon, the first track being sized and shaped to permit the first foot pad to travel therein along a longitudinal axis;

a plurality of gliders coupled to a bottom surface of the first foot pad, the gliders being formed of a material having a coefficient of friction sufficient to permit the first foot pad to smoothly slide within the first track; and

a first elastic strap connecting a first end of the first foot pad to the base member for resisting motion of the first foot pad within the first track in a first direction.

53. (NEW) The leg exerciser of claim 52, further comprising:

*Q.* a second elastic strap connecting a second end of the first foot pad to the base member for resisting motion of the first foot pad within the first track in a second direction.

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